

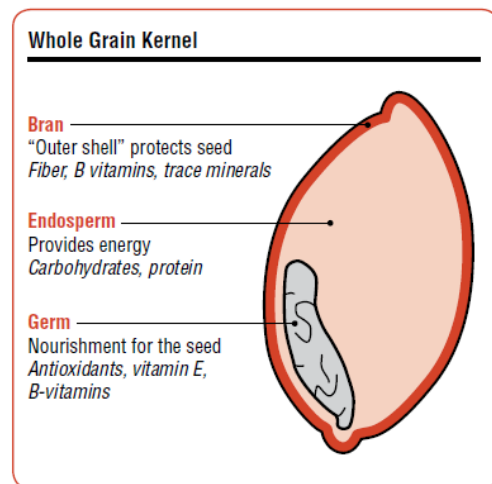
# Crediting Whole Grains in the Summer Food Service Program

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for the Summer Food Service Program (SFSP). To credit as the grains/breads component, grain products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. Cooked and ready-to-eat (RTE) breakfast cereals must be whole grain, enriched, or fortified. For additional guidance on the SFSP meal pattern and crediting requirements for the grains/breads component, review the CSDE's resource, [Requirements for the Grains/Breads Component of the SFSP Meal Patterns](#), and visit the "SFSP Meal Patterns" and "Grains/Breads Component for the SFSP" sections of the CSDE's SFSP webpage.



Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.

Whole grains contain a wide variety of nutrients that help reduce the risk of chronic diseases. The CSDE encourages SFSP sponsors to serve 100 percent whole-grain products most often. This provides the best nutrition for children.



## 100 Percent Whole Grain Products

The ingredients statement on commercial products lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains.

A commercial product is 100 percent whole grain if 1) the ingredients statement lists a whole grain as the first ingredient (or lists water as the first ingredient and a whole grain as the second ingredient); and 2) all other grain ingredients are whole grains. The ingredients statements below show examples of 100 percent whole-grain commercial products.

- Ingredients: *Whole-wheat flour*, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.

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- Ingredients: Water, *whole-wheat flour*, *whole oats*, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.

### Identifying Whole Grains in Commercial Products

A grain is whole grain if it meets any of the criteria below. [Table 1](#) lists examples of whole-grain products and ingredients.

#### Grain name states “whole”

A grain is whole grain if the grain name contains the word “whole.” For example, “whole wheat flour” and “whole-grain corn” are whole grains, but “wheat flour” and “yellow corn” are not.

#### Other names for whole grains

Some grains that do not contain the word “whole” in the grain name are whole grains. Examples include berries (e.g., wheat berries), groats (e.g., oat groats), rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal), brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

#### Food and Drug Administration (FDA) standard of identity

Some grains have a FDA standard of identity that indicates they are whole grain. These grains include cracked wheat, crushed wheat, whole-wheat flour, graham flour, entire-wheat flour, bromated whole-wheat flour, and whole durum wheat flour.

#### Nixtamalized corn ingredients

Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled “whole grain” or the corn ingredient is nixtamalized (treated with lime).

Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with nutrition content similar to whole-grain corn.

Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Masa is used for making tortilla chips, taco shells, tamales, pupusas, and other popular corn products. Hominy, corn masa, and masa harina credit as whole grains.



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SFSP sponsors may use the two methods below to identify commercial products made with nixtamalized corn.

1. **Corn is treated with lime:** If the ingredients statement indicates that the corn is treated with lime (such as “ground corn with trace of lime” and “ground corn treated with lime”), the corn ingredient is nixtamalized. The ingredients statements below show examples of commercial nixtamalized corn products. These products credit as 100 percent whole grains.
  - Ingredients: *Corn masa flour*, water, contains 2% or less of: cellulose gum, guar gum, amylase, propionic acid, benzoic acid, and phosphoric acid (to maintain freshness).
  - Ingredients: *Whole-white corn*, vegetable oil (contains soybean, corn, cottonseed, and/or sunflower oil), salt, *lime / calcium hydroxide* (processing aid).
  - Ingredients: *Limed whole-grain white corn*, palm oil, salt, TBHQ (preservative).
  - Ingredients: *Whole-grain yellow corn*, high oleic canola oil, water, *corn flour*, salt, *hydrated lime*.

If the ingredients statement does not provide sufficient information (such as “cornmeal” and “yellow corn flour”), SFSP sponsors must obtain a PFS from the manufacturer stating that ingredients are whole grain, enriched, or nixtamalized. For information on PFS forms, see “[Required Crediting Documentation](#)” in this document.

2. **Product includes FDA-approved whole grain health claim:** If a commercial product made with corn includes one of two FDA-approved whole grain health claims on its packaging, the corn in the product is at least 50 percent whole grain. These health claims are not common.
  - **Low-fat claim:** “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”
  - **Moderate-fat claim:** “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

Crediting information for corn masa, masa harina, corn flour, and cornmeal is summarized in [USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs](#).

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## Reconstituted grains

Reconstituted grains (such as “reconstituted whole-wheat flour”) are made by blending the crushed and separated products of milling (bran, germ, and endosperm) from the same type of grain in the same proportions originally present in the intact grain kernel. A reconstituted grain is considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to its natural proportions. To credit a reconstituted grain, SFSP sponsors must request documentation stating that the milling company recombined the grain components to the natural proportions of bran, germ, and endosperm.

**Table 1. Whole-grain products and ingredients <sup>1</sup>**

<p><b>Barley</b></p> <p>Dehulled barley</p> <p>Dehulled-barley flour</p> <p>Whole barley</p> <p>Whole-barley flakes</p> <p>Whole-barley flour</p> <p>Whole-grain barley</p> <p>Whole-grain barley flour</p> <p><b>Brown rice</b></p> <p>Brown rice</p> <p>Brown rice flour</p> <p>Sprouted brown rice</p> <p><b>Corn</b></p> <p>Corn masa (whole corn treated with lime) <sup>2</sup></p> <p>Cornmeal, nixtamalized <sup>2</sup></p> <p>Hominy made from nixtamalized corn <sup>2</sup></p> <p>Masa harina (corn flour) <sup>2</sup></p> <p>Whole corn</p> <p>Whole-corn flour</p> <p>Whole cornmeal</p> <p>Whole-grain corn</p> <p>Whole-grain corn flour</p> <p>Whole-grain grits</p> <p>Whole-ground corn</p>	<p><b>Oats</b></p> <p>Instant oats</p> <p>Oat groats <sup>3</sup></p> <p>Oatmeal</p> <p>Old-fashioned oats</p> <p>Quick-cooking oats</p> <p>Rolled oats</p> <p>Whole oats</p> <p>Whole-oat flour</p> <p>Whole-grain oat flakes</p> <p>Whole-grain oat flour</p> <p><b>Rye</b></p> <p>Whole rye</p> <p>Rye berries <sup>3</sup></p> <p>Rye groats <sup>3</sup></p> <p>Sprouted whole rye</p> <p>Whole-rye flour</p> <p>Whole-rye flakes</p> <p><b>Wheat (red) <sup>4</sup></b></p> <p>Bulgur (cracked wheat)</p> <p>Bromated whole-wheat flour</p> <p>Cracked wheat</p> <p>Crushed wheat</p> <p>Entire-wheat flour</p> <p>Graham flour</p>
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**Table 1. Whole-grain products and ingredients <sup>1</sup>, *continued***

<p>Sprouted whole wheat  Sprouted wheat berries <sup>3</sup>  Stone ground whole-wheat flour <sup>5</sup>  Toasted crushed whole wheat  Wheat berries <sup>3</sup></p> <p><b>Wheat (white) <sup>6</sup></b>  Wheat groats <sup>3</sup>  Whole bulgur  Whole durum flour  Whole durum wheat flour  Whole-grain bulgur  Whole-grain wheat  Whole-grain wheat flakes  Whole wheat  Whole-wheat flour  Whole-wheat pastry flour  Whole-wheat flakes  Whole white wheat  Whole white wheat flour</p> <p><b>Wild rice</b>  Wild rice  Wild rice flour</p>	<p><b>Other grains</b>  Amaranth  Amaranth flour  Buckwheat  Buckwheat flour  Buckwheat groats <sup>3</sup>  Einkorn  Einkorn berries  Einkorn flour  Emmer (farro)  Kamut®Millet  Millet flour  Quinoa  Sorghum (milo)  Spelt  Spelt berries  Sprouted buckwheat  Sprouted einkorn  Sprouted spelt  Teff  Teff flour  Triticale  Triticale flour  Whole-grain spelt flour</p>
<p><sup>1</sup> This list is not all-inclusive.</p> <p><sup>2</sup> Hominy, masa harina (corn flour), corn masa (dough from masa harina), and cornmeal must be nixtamalized to credit as whole grains. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline solution. SFSP sponsors may need to obtain a PFS to determine if a corn ingredient is nixtamalized. For more information, see <a href="#">“Crediting corn masa, masa harina, corn flour, and cornmeal”</a> and <a href="#">“Required Crediting Documentation”</a> in this document.</p> <p><sup>3</sup> Groats and berries are the hulled kernels of cereal grains such as oat, wheat, rye, and barley.</p> <p><sup>4</sup> Red wheat is the most common kind of wheat in the United States.</p> <p><sup>5</sup> “Stone ground” describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Check the ingredients statement for “whole” in combination with “stone ground.”</p> <p><sup>6</sup> White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are “white whole wheat” and not “white wheat,” which is not a whole grain.</p>	

# Crediting Whole Grains in the SFSP

## Criteria that do not Indicate Whole Grain Content

Menu planners cannot use the following to determine if a commercial grain product contains whole grains: certain statements about grain content on the product's package; or the product's color and fiber content.

### Label statements about grain content

Careful label reading is important because the packaging for grain products can be misleading. Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not.

Table 2 includes some common misleading terms found on product packages. Products with these terms are usually not 100 percent whole grain. They often contain refined flour, or other ingredients that are not whole grain, as the first or second ingredient.

Table 2. Common misleading terms for grains	
"Made with whole grains"	These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.
"Made with whole wheat"	These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.
"Contains whole grain"	These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.
"100% wheat"	All breads made from any part of the wheat kernel are 100 percent wheat, which is not the same as 100 percent <b>whole</b> wheat. "100% wheat" products may contain some whole-wheat flour or may contain only refined flour. Look for the terms "100% whole wheat" or "100% whole grain" to indicate that the product is made from only whole grains.
"Multigrain" or specifies number of grains, e.g., "seven-grain bread"	These products must contain more than one type of grain, which can include refined grains, whole grains, or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.

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**Table 2. Common misleading terms for grains, *continued***

“Cracked wheat bread”	While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.
“Stone ground” flour or meal	“Stone ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Check the ingredients statement for the term “whole” in combination with “stone ground.”

### Color

A product’s color does not indicate whether it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from coloring (e.g., caramel coloring) or molasses, not from whole-grain ingredients. Read the ingredients statement or the standardized recipe to determine if the food contains any whole grains.



### Fiber content

Whole grains and fiber both provide health benefits, but they are not the same. The fiber content on the Nutrition Facts label is not a good indicator of whether a commercial product contains whole grains. Grain-based foods that are good sources of fiber, such as bran cereal, may contain added fibers but few or no whole grains. The Nutrition Facts label lists total fiber, which includes naturally occurring fiber and sources added by the manufacturer, such as cellulose, inulin, and chicory root.

### Serving Size for Whole-grain Foods

The required amount for the SFSP grains/breads component is in servings. The USDA allows two methods for determining the grains/breads servings of a creditable grain product or recipe. SFSP sponsors may use either method, but must document how the crediting information was obtained.

- **Method 1 (USDA’s Exhibit A Chart)** is used for commercial grain products and may also be used for recipes that indicate the weight of the prepared (cooked) serving. This method uses the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#), to determine the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group. The CSDE’s resource, [Servings for Grains/Breads in the SFSP](#), lists the Exhibit A grain servings that apply to the SFSP.



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- **Method 2 (creditable grains)** is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (see “[Required Crediting Documentation](#)” in this document). This method determines the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per manufacturer’s serving (from the PFS) or recipe serving (from the quantities listed in the recipe). For some commercial grain products, SFSP sponsors must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain servings.

For detailed guidance on both methods, review the CSDE’s resource, [Calculation Methods for Grains/Breads Servings in the SFSP](#).

### Required Crediting Documentation

If the ingredients statement does not provide sufficient information to determine if a product is whole grain, the SFSP sponsor must obtain a product formulation statement (PFS) from the manufacturer stating the amount of whole grains in the product. For information on PFS forms, review the CSDE’s resources, [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#), and the USDA’s documents, [Product Formulation Statement for Grains/Breads](#), [Sample Completed Product Formulation Statement for Grains/Breads](#), and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). For additional guidance on documentation for commercial products, visit the “[Crediting Commercial Processed Products in the SFSP](#)” section of the CSDE’s SFSP webpage.

To determine if foods made on site contain whole grains, menu planners must review the recipe’s grain ingredients. For more information, review the CSDE’s resource, [Calculation Methods for Crediting Grains/Breads in the SFSP](#). For information on standardized recipes, visit the [Crediting Foods Prepared on Site in the SFSP](#) section of the CSDE’s SFSP webpage.

### Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Consider children’s age and developmental readiness when deciding what types of grain foods to offer in SFSP menus. This consideration is also important for children with a disability that requires dietary restrictions. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.



# Crediting Whole Grains in the SFSP

## Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/AcceptDocumentationSFSP.pdf>.

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/GrainCalculationSFSP.pdf>

Crediting Breakfast Cereals in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditCerealsSFSP.pdf>.

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains/Breads Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Nutrition Guide: Summer Food Service Program (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA\\_SFSP\\_NutritionGuide.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf)

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks: Completed Sample (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Samples\\_Grains\\_Breads\\_Servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Requirements for the Grains/Breads Component of the SFSP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentGrainsBreadsSFSP.pdf>

Servings for Grains/Breads in the SFSP (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/ServingsGrainsBreadsSFSP.pdf>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditWholeGrainsSFSP.pdf>.

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